

Just In

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Bringin' Da Noise - *NSYNC



KICK BALL CHANGE, MODIFIED RUNNING MAN

1&2 Kick right slightly forward, quickly step onto right foot, step forward onto left
&3 Slide left foot back as you step forward onto right
&4 Slide right foot back as you step forward onto left
5-8 Repeat steps 1-4

KICK AND VINE, ¼ PIVOT TURN

9& Kick right foot diagonally to the right, step down onto right foot
10& Step left behind, step to the right onto right foot
11 Step forward onto left foot
12 Pivoting on ball of right foot turn ¼ turn to the right (weight on left)
13-16 Repeat steps 9-12

TOE TOUCHES, UP, DOWN

17& Scuff right foot, & raise right knee (hitch in place)
18& Touch right beside left foot, & point right toe to right side
19& Bring right foot home beside left foot, & on balls of both feet lift heels
20 Bring heels down
21& Scuff left foot, & raise left knee (hitch in place)
22& Touch left beside right foot, & point right toe to right side
23& Bring left foot home beside right foot, & on balls of both feet lift heels
24 Bring heels down

KICK AND STEP, KICK AND STEP, KICK, CROSS, HEEL SWIVELS, ¾ TURN

25&26 Kick right forward, step down onto right, long step forward onto left
27&28 Kick right forward, step down onto right, long step forward onto left
29 Kick right forward
30 Cross right over left
31& On the balls of both feet, twist both heels right (starting a ¼ turn to left) twist both heels left
32 Twist both heels right into a ½ turn to left

REPEAT
